

### **Training name: *Prevention of the use of psychoactive substances***

- **Training topic:** Drug prevention
- **Trainers ID:** Marko Skakun, social worker of UPO “Volunteer”, Kyiv, +380672403097; Irina Duvanskaya, Head of socio-psychological rehabilitation centre for children in Kyiv, +380934501996; Anastasiya Byelisheva-Kimnatna, social worker of UPO “Volunteer”, Kyiv, +380636401509
- **Date:** 23.05.2015
- **Number of participants:** 16 representatives of Ukrainian NGOs
- **Place of the training:** socio-psychological rehabilitation centre №1 for children in Kyiv
- **Training goal:** Participants information about methods of work with drug users aimed to their behavior changing
- **Short description of the training content**

There were three main informative blocks: stages of behavior changing; relations between phases of addiction formation and stages of behavior changing; strategies for harm reduction in prevention of injecting drug use.

- **Evaluation:**

Most of Participants were content from training, information was useful and new for them, a few participants shared their own experience about issue and made corrections to our report.

- **Any other relevant materials to be shared:**



### **Training name: *Health actualization and future planning***

- **Training topic:** Healthy style of life
- **Trainers ID:** Marko Skakun, social worker of UPO “Volunteer”, Kyiv, +380672403097
- **Date:** 29.07.2015
- **Number of participants:** 8 juvenile inmates of educational labor colony in Kuryazh, Kharkiv region
- **Place of the training:** educational labor colony in Kuryazh, Kharkiv region
- **Training goal:** To motivate inmates to conduct healthy and riskless lifestyle
- **Short description of the training content:**

Training included: 1<sup>st</sup> module - brain-storming “What are human values?”, exercise “Health wheel” to realize components of human health, exercise “Health impact factors” to realize that lifestyle is essential in health development; 2<sup>nd</sup> module – exercise “Your goals” to define goals, watching and further discussion the movie “Don’t make mistake choosing your dreams”, exercise “Algorithm of goals fulfillment” for training skills in developing plans for goals realization, exercise “Letter for myself” to comprehend reasons to conduct riskless behavior.

- **Evaluation:**

Participants were eager to take part in training, they were inspired to change their life after release from colony.

- Any other relevant materials to be shared:

